

Chamber seek new executive

The Elk Point Chamber of Commerce hopes to have a complete executive in place following its next regular meeting, May 6. Representatives of the ad hoc committee reported that several people are considering various posts, and they expect to have a slate of executive to present by that meeting.

One committee chairman was elected at the April 15 meeting. Vicki Brooker was nominated to head the Tourism Committee after she gave a comprehensive outline of the functions of that committee in order to streamline its functions.

The Tourism Committee will be starting to work almost immediately, in preparation for the coming summer. Allan Frankiw told the members that the Town of Elk Point has received approval of one STEP position which can be used for a tourist booth worker. The Chamber has also applied for a STEP position, but has not yet been notified of approval. Application has been made by Ron Barwick, on behalf of the Chamber, for funding to

hire senior citizens to work in the booth also.

In addition to getting the tourist booth ready for operation, the committee will also lay plans for commemoration of the first National Tourism Week, May 11 to 17.

Review of the Chamber's constitution will get underway very shortly, with Sid Holthe offering to help with the groundwork for the ad hoc committee.

Frank Mayner, Chairman of the Elk Point Historical Society, visited Chamber to ask for written support of their efforts toward "getting something started" regarding development of the Fort George and Buckingham House historical sites. The Chamber voted to give their support in the matter, in hope that some work on the site can get underway.

A suggestion that the Chamber meet only once per month was turned down, as it was generally thought that the group has ample business for the current two meetings.



Hopping down the bunny trail...

BUSY, BUSY BUNNY — The Easter Bunny was a very popular visitor at Jack and Jill Playschool last Thursday morning, as she distributed brightly colored

eggs to all the youngsters. The pre-Easter visitor also dropped in on the E.C.S. class, before hopping to St. Paul to visit the Day Care children there.

Racewalking hits Elk Point

"You know, one in every six hundred people in Elk Point racewalks!" said Holly Burton, the Business Education teacher at F.G. Miller High school who just happens to be one of that elite group of two.

This is certainly above the national average! Racewalking is perhaps the least widely practiced of all the track and field events in North America. Nevertheless, it is one at which Canada has achieved a good deal of international success. Town resident Janice McCaffrey has been a part of that success.

Take a look for example inside the house that she shares with husband Bill and seven-month-old Scott. Somewhere among the trophies and awards, you will find a bronze medal from the 1985 World Cup of Racewalking in the Isle of Mann. This is a contest between national teams rather than individuals and the Canadian team, made up of McCaffrey and three teammates finished ahead of all countries except the Soviet Union and China.

The next World Cup is in New York City on May 3 this year and McCaffrey just recently qualified for the Canadian team again. Only five months after Scott's birth, she finished fourth in the 3000m event at the Canadian Indoor Track and Field Championships held February 21-22 in Edmonton. A few weeks later she raced 10 kilometers in Vancouver at the Canadian team tryouts and qualified to be a member of the five woman team which will compete in New York. After that, she will be well on her way back to the form which in 1985 brought her victory in the Na-

tional Championships of Great Britain and the U.S.A. as well as of Canada.

In her quest for a training facility when the McCaffreys arrived from Edmonton, Janice bumped into Holly Burton at the school. Burton is a former competitive runner who was glad to find a training partner as she worked towards a return to middle distance competition. As she watched one of Janice's walk workouts one day, she began to imitate the unusual action and, to the surprise and delight of both, she seemed a natural!

"I thought: 'Roger's got to see this'" recalls McCaffrey, referring to her coach, Roger Burrows. "So we added some shots of Holly to the videotape of me which Roger (in Ottawa) analyses from time to time." The verdict? "That girl's got to become a racewalker!"

Burrows had a chance to see her in person at a training session after the Nationals. His initial enthusiasm was

confirmed. "Holly's absolutely first-rate technically and, with her competitive background, she's used to hard training. She has a very exciting talent if she's interested in developing it."

Racewalking is defined by two fundamental rules. First, one foot must be in contact with the ground at all times (as opposed to running when the athlete is "in flight" for much of the time). Second, the knee must be briefly locked straight as the body weight passes over it. Specially trained judges scrutinize the athletes throughout the race to ensure that the rules are followed and disqualification can result from a failure to do so. Apart from that, the object is the same as in any racing event - to get to the finish line in as short a time as possible.

Race distances vary. Outdoors, there are two national championships

(Cont. on Page 2)



STEPPING OUT — Janice McCaffrey (right), with 7 month old son Scott in tow, and Holly Burton, Elk Point's two and only racewalkers to date, step lively in the spring sunshine as McCaffrey trains for the World Cup in New York City, May 3.

Farley's Forecast

Farley's outlook is fairly cheery this week as sunny skies are expected to continue through until Saturday with the exception of Friday when a few clouds might move into the area to moisten farmers' fields. Expect a high of plus ten today with sunny skies continuing through Thursday when the high should reach plus nine. Clouds are expected on Friday with a 50 per cent chance of showers. Sunny skies should return Saturday with temperatures reaching a high of plus 11.



Minor Hockey Association presents awards

By Shirley Osinchuk

As always, the Potluck supper was delicious, with the ladies out-doing themselves on desserts. The downstairs of the Elks hall was filled to capacity, and the Minor hockey wind-up was underway, Saturday, April 11.

M.C. for the evening was the Minor Hockey Association President, Glen Harms. He announced that Elk Point Minor Hockey and Westmin would sponsor a Minor Hockey Showcase, which will see the top PeeWee C teams meeting in a tournament in Elk Point in November.

Some recommendations have been put in place for the next hockey season:

1. An intense 5 week power skating session, including coaches, beginning in mid-October.
2. Training PeeWee and Bantam players to: "give and take the body" to train them so that there will be fewer injuries.
3. New novice program with more emphasis on skating and the rules of the game.

John and Susan Yakenchuk were

introduced, with appreciation for their support. John was President of the Minor Hockey Association for three years.

Stella Lorenson was honoured for giving her time for six years as Secretary of Minor Hockey.

Four Elk Point figure skaters competed in Provincials in Grande Prairie at the Northern Alberta level. Debbie Ballas made presentations to figure skaters Elizabeth Ludlage and Shawna Loughran, who won medals in the Provincial Winter Skate held on March 15.

Dianne Hawryluk, Leona Bretzer, Betty Poitras and Shirley Harms were recognized for their long hours of work keeping the concession booth running smoothly.

Jim Fell received a plaque in appreciation for organizing the ringette team.

The Pan Canadian Tom Thumbs team received caps from Watsons. Each player on this and the other teams received a Minor Hockey ribbon and pin.

Lori and Roger Pelletier had sent thanks for flowers sent to Lori while she was sick in the hospital, wishing she could be in Coronation with the Bantams.

Bryce Lorenson was thanked for coaching the goal tenders for the PeeWee team.

The Minor Hockey executive, reported Glen Harms, is pleased to

announce that hockey is alive and well in Elk Point. There are lots of volunteers and fans, people willing to give financially, and an adequate number of coaches for the next season. They wish to upgrade the Constitution. There is a need for more players, especially for the older teams.

Goalie Link Smart had sent a letter of appreciation for the opportunity to play with the Elk Point Bantams.

Glen Harms, Larry Demchuk, Darlene Arndt and Judy Jenner were the hard-working executive for the Minor Hockey Association. Their work is very much appreciated.

Glen and Shirley Harms donated the trophies that were presented to the PeeWees for their hard play during the year.

Jason Reinhart and Lindsey Jenner were away at training camp. Six more Elk Point players are booked to go this summer.

The Bantam Elks received trophies donated by Glen and Shirley Harms, for winning the Zone 2 Provincial Championship.

Each team was introduced. The coaches received plaques and the Esso medals were presented to the players chosen Most Improved (MIP), Most Sportsmanlike (MSP), and Most Valuable (MVP), by the players and parents.

The Esso Medal winners were: Pan-Canadian team: MSL - Tyson

Ballas, MIP - B.J. Ballas, MVP - Marty Bendixon.

Oilers - Minor Atoms: MSL - Conway Roscoe, MIP - Lee Wannecko, MVP - Travis Pankiw.

Byer Transport Blues - Minor Atoms: MVP - Erwin Easthope, MSP - Dean Kozicky, MIP - David Naber.

Dome Atoms: MSL - Aaron MacLellan, MIP - Trevor VanMaarian, MVP - Tyson Stafford and Dwayne Porcina.

Co-op PeeWees: MSP - Jeff Chalmers, MIP - Michael Wyndham; MVP - Todd Anderson.

Bantam Elks: MIP - James Capjack; MSP - Roger Osinchuk, MVP - Curtis Porcina.

Windsor Midgets: MIP - Travis Bretzer, MSP - Lorne Demchuk, MVP - Darrel Pashulka.

Trophy or medal winners who were not able to attend the wind-up should contact Glen Harms to receive their awards.

Award Night

pictures

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The Town of

Elk Point

1987 S.T.E.P. PROJECTS

The Summer Temporary Employment Program (STEP) is an Alberta Manpower program operated by the government of the Province of Alberta over the summer months. The objective is to provide short-term employment and career development opportunities for unemployed Albertans on project activities for the Town of Elk Point.

The following project positions will run from May 1, 1987 to August 31, 1987. Hours of work will be 8 hours per day unless otherwise specified. Rate of pay will be \$4.00 per hour. Applications are to be forwarded to the Town of Elk Point.

NOTE — Application must be received no later than April 24, 1987.

Crime Prevention Program Coordinator (1 Position)

FUNCTION — To provide the Elk Point RCM Police detachment assistance to implement and maintain crime prevention programs.

DUTIES — Under the direction of the detachment officer in charge be responsible for coordinating the implementation and review of new and existing crime prevention programs in the detachment's jurisdiction.

EDUCATION — The ideal candidate will have had some training in the field of criminology or law enforcement.

Steno/File Clerk - Police (1 Position)

FUNCTION — To provide the Elk Point RCM Police detachment secretarial and office operations assistance.

DUTIES — Reporting to the administrative officer executing day-to-day office requirements such as typing, filing, answering the telephone and dealing with the public.

EDUCATION — The ideal candidate will have outstanding typing skills and taken training in a secretarial arts course.

Tourist Information Officer (1 Position)

FUNCTION — To provide the Elk Point tourist booth operation assistance in disseminating information to the travelling and visiting public.

DUTIES — Working at the Elk Point tourist booth, receive visitors, process information requests and distributing pamphlets and brochures on points of interest in the Elk Point area.

EDUCATION — The ideal candidate will be trained in meeting the public, will possess a friendly personality and looks forward to greeting new people and providing information about Elk Point to them.

Applications may be forwarded to:

Town of Elk Point
P.O. Box 448
ELK POINT, Alberta
T0A 1A0
ATTENTION: L.P. (Pat) Vincent, Municipal Administrator

Applications will not be considered unless documentation is submitted that the applicant has registered with the Hire-A-Student Office in St. Paul, Alberta.



(Cont. from Page 1)

distances for women, 5k (on the track) and 10k (on the road). The standard distances for men are 20k and 50k (it is not generally known that the latter is the longest Olympic Track and Field event, almost 8k (5 miles) longer than the marathon). Men have racewalked in the Olympics almost since their inception, but it will probably be 1992 before a women's event will be included on the Olympic programme. Nevertheless, with international women's competition almost unknown even a decade ago, great advances have been made. The women's walk is now held in most major competitions. After the World Cup team event, McCaffrey has her sights set on the World Track and Field Championships in Rome in September.

Racewalkers cover the ground remarkably quickly. McCaffrey's

best time for 10k is 47:18 (which ranked her 13th in the world in 1985). This is a little over seven and a half minutes per mile! Because there is not a great deal of walk competition in Western Canada, she often enters road running races as part of her training programme. Even though she racewalks the distance, she usually places in about the middle of all the runners. The top men know that they cannot hope to win an Olympic medal if they do not cover each of the 31 miles in the 50k event in just over seven minutes!

The unique style of racewalkers often provokes comments which range from amused to bewildered and (fortunately rarely) abusive. Walkers point out that it is a refinement, not a distortion, of normal walking — everything is designed for speed within the rules. The characteristic hip action is not a 'wig-

gle', it is a forward drive in order to increase the length of each stride. The appearance of 'wiggling' comes as the other hip drops to allow the body's centre of gravity to advance in a straight line rather than in the less efficient up-and-down pattern of normal walking.

Could they go faster if they ran? Of course yes, although it does not follow that good walkers are good runners (McCaffrey, a provincial level distance runner in her own right, is better than most). They share the strength and conditioning of the best runners, but they are specialists in an event where there are rules to define the method of progression. They like to use a swimming analogy: breaststroke swimmers could undoubtedly go faster using the front crawl, but it would not occur to them to do so during a breast stroke race.

There are major track and field centres in Canada with less walkers than Elk Point. With one experienced international, one talented newcomer and the amazing participation rate of one in six hundred, the town can already claim the title of Racewalking Capital of Alberta. And, if Janice McCaffrey and Holly Burton have their way, a whole lot more people across the world are going to hear of Elk Point before long!

R. Burrows
Coach
Canadian Track & Field Association, Ottawa

The Town of

Elk Point

Notices & Information

80th Anniversary Commemorative Medallions

The Town of Elk Point in 1987 celebrates its 80th Anniversary of permanent settlement. In recognition of those citizens residing in Elk Point and district who are 80 years or over, or turn 80 years during 1987, the Town of Elk Point will be presenting those individuals with a special commemorative medallion at a function honoring these residents during Senior Citizens Week, June 7-13, 1987.

Residents who live **Outside** of the municipal corporate limits of the Town of Elk Point are hereby **INVITED** to contact the town office immediately to register to be eligible to receive the commemorative medallion when they are presented during the week of June 7-13, 1987. The Town of Elk Point will accept the nomination of individuals to receive the medallion by their family and/or friends provided the recipient's age, birthdate and telephone number are included with their nomination.

Residents who reside in the Town of Elk Point need not register for the commemorative medallion presentation. These individuals will be contacted by the Anniversary Celebrations Committee as to the date and time for the presentation.

The deadline for registering, or nominating an individual, for receipt of the 80th Anniversary Commemorative Medallion is Thursday, April 30, 1987.

For further information and to register/nominate an individual for the 80th Anniversary Commemorative Medallion presentation, contact the Town of Elk Point at 724-3810.

L.P. (Pat) Vincent, Municipal Administrator



CORRECTION



IMPERIAL

LUMBER FLYER

Page 6 Should Read

TWOLITE ALUMINART STORM DOORS

Stampede Wrestling Tuesday, April 28th, 1987

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ELK POINT ATOMS — With Coach Ron Piotrowski, manager Dave Kenyon and coach Blaine Easthope.



PAN CANADIAN TOM THUMBS — With manager Debbie Ballas, assistant coach Gordon LeDrew and coach Ed Poulin.



PROUD COACHES — Danny Kondla and Murray Scoggins are assisted by Larry Demchuk in holding high the Zone 2 Bantam Championship banner.

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Eastern Star news

Margret Rose Chapter #121, Order of the Eastern Star, sincerely thanks everyone who helped to make their Easter Bake Sale a success. Each year our Worthy Grand Matron chooses a worthy cause as her personal project. In the fiscal year from June 1985 to June 1986 the W.G.M.'s project raised over \$7,000 for the assistance of Autistic Children. These

children have visual and reading problems.

Our present Worthy Grand Matron, Dorothy Browne, of St. Albert, has chosen the research to find a cure for Alzheimer's Disease as her project for this year. We hope to equal or surpass last year's donations.

Thank you again.

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Super secretaries

It's Secretaries' Week -- five short days devoted to thanking the mainstays of our offices and businesses for another year of dedicated service.

Those of us fortunate enough to have good secretary will probably shower her with flowers, take her to lunch, and in general, treat her just a little bit better than usual this week. We might even make HER coffee, for a change.

We would appreciate it if those who come into our business or professional offices, or call us on the phone, could also take just a minute to salute these individuals who patiently answer your questions, give you their nicest smiles, have good telephone manners, make sure the boss gets his or her messages, and keep the wheels of business running smoothly.

Thanks, secretaries -- we really appreciate you!

What's he gonna do?

Remember Stompin' Tom Connors, and his song about the "Poor, poor farmer"?

Monday's announcement of 1987 initial grain prices puts even more of us in that category.

An average cut of 18 percent, on top of last year's 20 percent drop, means that grain farmers will be getting 38 percent less for their crop in 1987 than they did in 1985.

Cost of producing that crop, however, has not dropped accordingly. The gas war allowed some farmers to fill their tanks with enough fuel to seed and perhaps even harvest, but fuel is only a beginning. Seed grain, fertilizer, weed sprays, parts and repairs, and hired labor have not dropped in price. We won't even mention

Interest has dropped, but many are locked into mortgages at the high rates of the boom years. Cash rent is also dropping, the face of the realization that only a bumper crop could begin to pay the rent anyway.

There's help coming, the Wheat Board tells us. An interim payment of \$705 million from the Western Grain Stabilization Program, and the final cheques on the \$1 billion deficiency payment program, they say. Those could pay off a few of last year's leftover bills, perhaps.

It is said that the Canadian farmer always has his hand out. Wouldn't you, if you were going down for the third time?



THE FLOWERS OF AN ALBERTA SPRING — Are too wonderful to miss - plan to be there! (Crocuses)
I. Magnusson

Alberta Trails

Collections, shared...

By Irene Magnusson

This is a verse, as written by "Selected," which, as far as I can tell, means Author Unknown. (Or that it was swiped, and we want to make it look like our own.) This is not my own — but I wish it were. It's got the makings of an excellent bit of advice.

KEEPING QUIET

I hate to be a kicker, I always long for peace,
But the wheel that does the squeaking is the one that gets the grease.
It's nice to be a peaceful soul, and not too hard to please,
But the dog that's always scratching is the one that has the fleas.

The art of soft soap spreading is the thing that palls and stales,
But the guy who wields the hammer is the one who drives the nails.
Let us not put any notions that are harmful in your head,
But the baby that keeps yelling is the baby that gets fed.

Don't you just love that sentiment? That's probably why I keep howling about the spraying along the road-sides, and other pollution-like activities. It's why I keep nagging the ones I care about to quit smoking. It's the cause of my continuing push to make mandatory the use of seat belts.

To drive that last 'big push' home, I came across this survey among some of my old papers as I was housecleaning last week. While it was given in 1983, is there a thing changed since then, excepting more deaths, more injuries, more costs?

This survey pertains to the whole of North America. In 1983 there were 6,000 persons killed in motor accidents, with 2.5 million injured. Most of those killed were thrown out of the vehicle. Since 1900, over 2 million North Americans have died in motor accidents.

When a car stops very suddenly, as in a collision, the unrestrained body smashes ahead. The skull will hit something. It stops. The brain doesn't stop so soon. Therefore, it becomes mush inside the skull.

Doctors recommend seat belts. Seat belts help.

The Volvo Company offered seat belts first, both hip and chest. Way

back when. Other motor manufacturers followed.

Doctors (and undertakers) know there is a 50 percent better chance of survival with seat belts on, in collisions.

Sixty percent of drivers/riders don't wear them — even when there is a law which says "thou shalt". Where there is no such law, probably the seatbelt wearers are fewer yet. Some of the excuses they give are: Drivers think they are in control; drivers are complacent; drivers are too lazy; drivers think seat belts 'get in the way'.

In fact, this report states, most trips are safe. The percent of injuries per trips made is quite low. Yet one person in every 100 accidents dies. One in every three persons will be in an accident in their lifetime.

There has been a lot of talk and some action regarding use of collapsible airbags in cars, to prevent injuries. These have never become widely used. Although effective, motor companies fight them. Cost is higher, around \$1,000 (mass produced, could be around \$200). Due to politics, they are not promoted.

Seat belts work as well, are much cheaper, less cumbersome, and WE GOT 'EM. All we have to do is use

'em.

Kids are most at risk. Sometimes they are sleeping, unrestrained they could die. Their heads, being heaviest, goes fastest, hits first. You know what the results of that are.

They also fly out through windows. Adults, even with belts on, cannot hang onto a kid in a collision. They just go. They NEED seatbelts on.

Car seats for small children are now mandatory. It is up to the manufacturers to make them safe, and up to the parent (or other person in charge) to use them. Every time.

And we should use our own — EVERY TIME. Why get smashed into a statistic? Who will look after the kids who, wearing restrainers, may survive — if we adults are too stupid to wear them and get ourselves killed?

And try not to tell me you "Don't have time" to put them on. We all have time to live, if we will. Yes, even just to go for the mail.

There now. I have shared a couple of my 'collection' items with you. Here is another, on a lighter vein.

Mayor: "Now that we have our new fire truck, what will we do with the old one?"

Fire Chief: "Let's keep it and use it for false alarms."

Volunteers help LEARN

Next week is Volunteer Week. Among the countless community groups whose work will be applauded are the thirty-four volunteers under the direction of LEARN Monitor Heather Demchuk, whose hours are spent helping others to enrich their lives with words.

LEARN, which helps functionally illiterate adults to learn to read and write, is funded by Further Education and housed by Lakeland College in its Elk Point and St. Paul offices. The project is steadily growing, and is affiliated with the Movement for Canadian Literacy and the Alberta Association for Adult Literacy, with their many resources.

On a local basis, Ms. Demchuk works with an advisory committee of 8 members, and 26 volunteer tutors in the Elk Point and St. Paul areas.

The tutors, who in addition to work-

ing with their students at least once a week, attend several training sessions per year, and are described by Ms. Demchuk as "really dedicated people".

The only reward for these tutors is "the success of their students," Ms. Demchuk noted, "and this is something that could never be bought."

It is "hard to believe how far some have come," she added, relating success stories ranging from that of a man who was able to sign a Christmas card to his wife for the very first time, to that of a woman who gleefully called to report she had just completed her first 75-word essay.

It is thanks to those dedicated volunteer tutors, and Ms. Demchuk herself, who tutors after her working hours, that successes like this are possible.



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Lakeland Review**
Phone 724-4087

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"Second Class Mail Registration Pending"

Grassroots author to visit Elk Point Tuesday

With two novels and a short story collection already to her credit, Sharon Butala is an up and coming Canadian author that we're bound to hear a lot more from in the future. In fact her latest novel, Luna, is set for release next spring.

Butala, who will be touring through this area during the National Book Festival, writes about grass roots

people and their not-so-simple prairie lives.

Born and raised in Saskatchewan and spending the last 11 years on a ranch in the extreme southwest corner of that province, Butala knows all about prairie life and that comes shining through in her novels Country of the Heart and The Gates of the Sun. County of the Heart was a 1984

finalist for the Books in Canada Best First Novel Award. And her short story collection, Queen of the Headaches, earned her a nomination for the Governor General's award. Butala also co-authored Coming Attractions, another short story collection.

And there's another unpublished novel sitting on the shelf at the ranch that, according to Butala, still needs some work.

Butala began writing seriously shortly after her second marriage in May of 1976 and the beginning of a new life on the ranch. But her desire to write stretches back to her early childhood. At age nine she wrote her first novel and a year later her first play.

"I didn't receive any encouragement at that time. All of us were raised and taught in school that writers were all from England and were usually dead," Butala said. "My mother was very, very proud and excited. My teacher thought it was pretty darn cute."

Unfortunately, at that early age, she wasn't taken seriously.

"I was very puzzled by the whole bit," she said. "I had felt such a surge of joy when I realized that I could write a book, but it didn't mean

anything to anyone."

After high school Butala decided to pursue her interest in painting, however she "realized somewhere along the line coming from a poor family that I had to eat", as a result she switched courses to pursue a career as an English teacher. She taught high school English for two years before moving to Nova Scotia where she became interested in working with children with special needs at which point she returned to university to further her studies in that field.

Following her marriage and move to the ranch, Butala "decided one day that I would try to write again . . . because the ranch was so isolated and my background was so different from anybody else."

Much of Butala's interest lies in writing plays. She has penned several to date including one on the local history of a community near her

home which will be featured during the town's upcoming anniversary, another on the crisis in agriculture, and a couple of unpublished radio scripts.

Currently Butala is working on a play with the Globe Theatre in Regina. While the theatre offers no commitment that it will produce her play, a human drama based on the relationship between a mother and her prostitute daughter, Butala is enthused with the opportunity to work in a theatre setting.

As for goals and ambitions? Butala says she would like to one day "write a really successful national play".

Butala will speak at the Elk Point Municipal Library at 6:30 p.m. and the St. Paul Municipal Library at 8:30 p.m. next Tuesday, April 28.

Butala says she is pleased with the invitation to visit the area. Her tour promises to be an interesting one for the public.

Piano students recital

We read and hear a lot about sports in Elk Point, and there is a great deal of talent in that area. On Sunday, April 12, there was a demonstration of another talent which is also strong in the area. Seventeen piano students of Debbielou Huskins played in a

recital, to which they had invited family and friends.

Pianists from Kindergarten to Grade 8 level in piano played a wide variety of music, classical to pop. Even the very young students played with feeling and expression. That was the main overall impression from the varied and enjoyable program, the dynamics that is being taught by Mrs. Huskins.

On May 3, there will be an opportunity to hear Debbielou Huskins play. At 3 p.m. in the Baptist Church, she and her student, Cynthia Adkins, will play piano solos. Nancy Adkins will join them for a six-handed number and vocal solos.

There is no charge for this afternoon of musical variety.

Elks bingo

April 16, 1987

Mike Zazulak - \$100; Brenda Franzen - \$20; Delia Quinney - \$20; L. Dekergommeaux - \$20; Stan Jendruk - \$20; Mrs. E. Valentine - \$20; Mrs. Mildred Molyneux - \$100; Tillie Ardellian - \$100; Lil Radesh - \$13; Alfred Cross - \$13; Ernest John - \$13; Marie Waskahat - \$13; Theresa Moosewah - \$13; Bill Dewey - \$13; Pauline Pankiw - \$13; Amy Krider - \$13; Ed Frynpan - \$17; Shauna Kinjerski - \$17; Mrs. Bochon - \$17; Bill Dewey - \$25; Lillian Malo - \$25; Willard Cross - \$25; Annie Piotrowski - \$25; Frances Ferguson - \$50; Bill Dewey - \$100; Ken Franzen - \$25; Nellie Merrick - \$25; Elsie Hendel - \$50; Albert Gadwa - \$50; L. Dekergommeaux - \$50; H. Wade Daniels - \$50; Rose Bugera - \$50; Annie Stanley - \$50; Joyce Oryshchuk - \$50; Lena Cap - \$25; Alvina Moosepayo - \$25; Beth Boothman - \$17; Sanky Kryvenchuk - \$17; Mrs. Jendruk - \$17; Cecile Moyah - \$100 (Jackpot Consolation); Margaret Gladue - \$100 (Jackpot Consolation); Mike Zazulak - \$142 (Lucky 7); Flora Gladue - \$38; Ken Franzen - \$38; Terry Walker - \$38; Florence Kiss - \$38; Victoria Dion - \$38 Leonard Frynpan - \$78; Ida Chief - \$78; Cecile Moyah - \$78; Ed Hyatt - \$78; Therese Frynpan - \$78.

Book festival

A special story-time for preschoolers to commemorate National Book Festival will be held in the Elk Point Public Library April 24, 1987 at 10:30 a.m.

Billie Milholland will be the special storyteller. She will read her two children's books that she has written and illustrated. The children will be encouraged to participate.

Also to help commemorate National Book Festival Sharon Butala, author of Gates of the Sun and Queen of the Headaches, will give a reading at the library on April 28th at 6:30 p.m.

Everyone is encouraged to come and hear this southern Saskatchewan author speak.

For further information call: Doreen Mayner - Librarian, telephone 724-3737.

Manning-Harris Realty Ltd.



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John Harris, Res. 645-2132
Georgie Blower, Res. 636-2293
MULTIPLE LISTING SERVICE

ELK POINT - 459 acres (200 cultivated) 11 miles S.W. of town with a good older fully modern home. New 2180 sq. ft. barn and older 28'x34' barn. 3 phase power past the property. Note this property overlooks 1 1/2 miles of river (North Sask.)

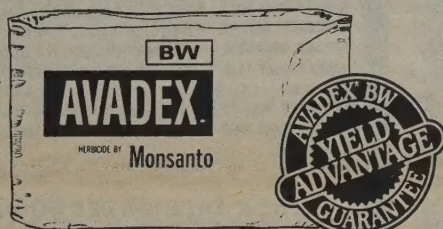
ST. PAUL - 1536 sq. ft. home with double attached garage located on a 75'x120' lot. Beautiful home with fireplace, 3 bedrooms up, 2 bedrooms and rumpus room down. Priced below replacement cost.

ST. PAUL - 1400 sq. ft. bi-level with attached single garage located by the hospital on a 100x120 lot. Beautifully landscaped and is sheltered by large evergreens at the rear. 2 bedrooms up, 3 bedrooms and rumpus room. Priced very reasonably.

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AVADEX BW[®] HIGHER YIELD HANDS DOWN!

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*PLUS - Enter for a chance to win 80 acres of Avadex BW

All across Alberta, on-farm, side-by-side yield tests compared pre-emergent Avadex with post-emergent sprays. The results proved that Avadex BW outyielded post-emergents again and again! Buy your pre-emergent Avadex at the Pool. Ensure early wild oat control and bigger yields. And drop in now to order your Bonus Pair of Gloves with your purchase of \$500 or more of Avadex BW.



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ANTIQUE AUCTION SALE

of
Paul Zaharko of Derwent
AT HIS RESIDENCE ON
Saturday, May 2nd, 1987 at 1:00 p.m.

VEHICLES - 1949 - 2-dr. Pontiac in driving order, 1973 Dodge Dart Sport. 2-dr., 1970 Comet, 1970 Dodge Dart.

MOTORCYCLE - 1982 Honda XL 125S Motorbike, low mileage.

ANTIQUES - Democrat-2 Seats; Buggy, good shape; Violin, old Carlo Bergonzi; Violin Strad Copy; Guitar, jum-

bo size; Wood Cook Stove; Old Wooden Washer; Wooden Make-Butter Churn; 3 Old Wood Heaters; Chesterfield with Chair; 2 Clothes Dressers; Gas Wash Machine; Walking Plow; Boat with 2 Peddles; Antique Potato Hiller; Old Lamps and Bottles; Clothes Closet; Tools.

LIST SUBJECT TO ADDITIONS AND DELETIONS.

SALE CONDUCTED BY

PEARMAN'S AUCTIONEERING SERVICES

FOR MORE INFORMATION CONTACT

Doug Pearman at 741-3886, Derwent

NOTICE

Community Organizations

Interested in holding

FUND-RAISING

"Bingo's"

In Elks Community Hall

Ph. 724-3600 For Details

Community problems addressed at Inservice

By Diane Parenteau

Heinsburg - Last Wednesday, the Heinsburg Community school hosted a Professional Development Inservice Program that focused on common community problems.

The program, organized by library aid Sherry Young and secretary Marie Zayac, was set up to offer six different topics spanning three time slots.

The student body was dismissed from school before lunch, and shortly afternoon, school principal Laverne Wilson welcomed the 50 or so teachers, support service workers, AADAC staff and AVC students.

In the school library, Crisis Center director Yvette Richer and Frances Brencho, also from the Crisis Center, presented an hour long information package on family violence. It centered on preventing and dealing with family violence in the home.

Down the hall at the opposite end of the school (which by the way was cleared of anything that even resembled a construction worker), the District Home Economist Becky Lore from St. Paul, held a workshop on stress management.

"Our body handles stress by chemical reaction. If we're not eating properly it can add to the effects of stress", said Ms. Lore. She also said that if we are not handling stress right, we can get a lot of health problems.

95% of headaches are caused by stress as well as backaches and ulcers.

A short film illustrated stressful situations and offered alternative

ways of handling them to avoid and relieve stress.

Each of the 25 participants of the class were given a short questionnaire to measure personal stress levels and received a list of 15 tips to reduce stress and gain relaxation.

In closing Ms. Lore mentioned a stress kit that is available to the public on a loan basis, from her Alberta Agriculture office in St. Paul.

The second block of the afternoon program saw RCMP Constable Alasdair MacKinnon from the Elk Point detachment speaking about property protection and how to protect your home.

At the same time, the St. Paul Crisis Center staff continued in the Library, this time talking on Child Abuse. It centered on "recognizing, preventing and dealing with the various types of child abuse."

Child abuse occurs when an adult or teenager uses his or her position of authority over a child to sexually exploit the child.

Some startling statistics were revealed. According to Ms. Brencho 25% of girls and 10% of boys will be sexually abused before the age of 18 years. As many as 50% of runaway adolescents were sexually abused, 70% or drug addicts and 60% of prostitutes had some family sexual abuse. Perhaps the most frightening, 1 in every 6 children is an incest victim.

Frances Brencho, herself a victim of incest, addressed the packed room.

"Many times we tell our kids to watch out for strangers, most of the time, it is someone they know", said

Ms. Brencho. "It usually occurs in the child's home or the home of a relative or friend."

Ms. Brencho went on to stress the fact that people have a "legal obligation to notify social services who will call the RCMP to investigate the incident". There is a \$2,000.00 fine for knowing about a sexual assault and not reporting it.

"Only 2% of children ever recover from the effects of incest and they rarely cope with it on their own", said Ms. Brencho. "Most need therapy".

"A lot of the clients coming forward are the survivors of sexual abuse" said Ms. Richer, from the Crisis Center. "They are finding their relationships are not panning out because they never dealt with it".

The Crisis Center has also started preparing children (victims of sexual assault) for court cases.

As Ms. Brencho put it, "we're here to help ease the pain".

Const. MacKinnon, a board member of the Crisis Center, noted during his presentation, that the Center is a charitable organization and any financial contributions, big

or small, would be greatly appreciated.

Following closely to the program, coffee and squares were available in the coffee room.

The third and final hour of the afternoon program dealt with substance abuse, and was presented by Ms. Doris Corey from AADAC in Grand Center. It went on to define "what our role is in prevention of solvent abuse - recognizing the problem and treatment".

The alternative was "Lady Beware" by Const. MacKinnon. He offered a presentation on sexual assault prevention.

"Most attacks against women happen in and around a vehicle", said Const. MacKinnon.

A 17 minute film suggested ways a woman could protect herself. The question and answer period that followed, touched on the amount of force that the law would allow. According to the criminal code "use as much force as is necessary". As described by Const. MacKinnon do not overdo the offensive until it becomes aggressive.

At the conclusion of the respective presentations, each presenter was

given a token of appreciation. All were there offering their services willingly, some on their own time.

The idea for the Professional Development Inservice initiated from Ms. Marie Zayac and Ms. Sherry Young. In the planning for the past two months, says Ms. Young "It was to promote community awareness in the Heinsburg area".

ST. PAUL

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hits in the newly renovated
Elite Theatre!!

645-3448

Program subject to
change without notice

Wed. & Thurs., April 22 & 23, 8:00 p.m.
Friday, April 24 at 7:00 & 9:15 p.m.

LIGHT OF DAY

Starring Michael J. Fox. P.G.

Sat., April 25 thru Tues., April 28 at 6:45 p.m.
Plus Special Matinee Sun., April 26 at 2 p.m.

THE COLOR PURPLE

MATURE.

Sat., Sun., Mon., Tues., April 25-28, 9:30 p.m.

MANNEQUIN

Starring Andrew McCarthy, P.G.
Some guys have all the luck!

Heinsburg bingo

April 15, 1987

Grace Durocher - \$25.00; Arlene Quinney - \$30.00; Amy Krider - \$17.50; Baptiste Quinney - \$17.50; Yvonne Parenteau - \$40.00; Muriel Cardinal - \$45.00; Bob Ross - \$16.75; Mim McCollum - \$16.75; Miranda Stanley - \$16.75; Shirley Parenteau - \$21.30; Ernie Woodward - \$21.30; Sam Faithful - \$21.30; Beth Boothman - \$21.30; Willard Cross - \$7.10; Vera Fakeley - \$7.10; Pauline Scott - \$7.10; Annie Stanley - \$30.00; Willard Cross - \$35.00; Wesley Fayant - \$20.00; Freda Quinney - \$20.00; Grace Durocher - \$45.00; Cody Trach - \$50.00; Myrtle Fleming - \$25.00; Debbie Wooldridge - \$226.20; Sam Krider - \$41.80; Ed Hyatt - \$41.80; Barbara Rowles - \$41.80; Emma Wowk - \$41.80; Willard Cross - \$41.80.

Dewberry News

By Phyllis Ewen

The first part of April, Rick Rewuski, our Credit Union Manager and Director Wally Rauser, attended a three day seminar in Calgary. There were 139 Credit Unions from Alberta represented, 240 Credit Union delegates, 10 Co-operative delegates and 80 visitors. The Director seminar was on strategic planning with the Annual meeting the following day.

On March 30th, Lenora and Dever DeFord returned from Waikiki on the Hawaiian Island of Oahu with many enjoyable memories, one of the Polynesian Culture Centre with their canoe pageants of other Islands, dinner and spectacular show of the Island Dancers and a Fire Dance, seating 2000 at a time.

The weather was in the 80's with lovely beaches and tour of Pearl Harbour, Punch Bowl, Seal Life Park and a deluxe cruise along the coastline, seeing the sun set on the Pacific. They also spent some time on the Big Island of Hawaii seeing volcanoes, Kona coffee and macadamia trees, and the largest ranch in America (Parker) having two hundred and fifty thousand acres.

The Greenlawn REA Ltd. held their Annual meeting on April 1st, in the Greenlawn Hall with nine directors, ten other members and two Alberta Power representatives, Bob McLean

and Bryon Schwartz, present. The executive is Gerald West - President, Lester Goldsmith - Vice-President, Jim Blacklock - Secretary-Treasurer. The Directors are: Fred Douglas, Bob Wilson, Lorne Timanson, John Lypowy, Ken Dean and Pete Matyaschuk. Jim Honey retired after having been director for 24 years and 4 or 5 of those as President.

Many friends attended a shower put on in honor of Rhonda Porter, April 13th. Seated at the head table with Rhonda were, her mother Donna, her sister Della Franklin (Lloydminster) and her aunt Peggy Porter (Marwayne). While Doris Spicer made the presentation of gifts, Jessica Dean, dressed as a nurse, depicting Rhonda's profession and accompanied by her sister Sarah, pulled in a decorated wagon of gifts. After the gifts were opened, Rhonda graciously thanked all the ladies. Lunch and visiting followed.

Zigmund Hegedus is in the University Hospital with a badly broken ankle caused when a hay bale fell on it, April 13th. What a time for a farmer to be laid up, with spring work near!

Note date change of the MOPS Program in Dewberry, April 28th not Nov. 28. Times have been changed to MOPS - 12:30 to 3:00, BEEP BOPS - 3:00 to 5:00.

AUCTION CALENDAR

SUNDAY, APRIL 26th - 11:00 a.m., Grand Centre Turbo. Approx. 10 Late Model Vehicles. Shop Tools, Auto Parts, Coolers, etc.
SUNDAY, APRIL 26th - 2:00 p.m., Farm Sale for Romeo Lefebvre, Cold Lake.
SATURDAY, MAY 2nd - Farm Auction for Rodney East of Dewberry.
SUNDAY, MAY 3rd - Annual Consignment Auction, Beaver Dam.
SATURDAY, MAY 9th - Regular Auction, Grand Centre.
SUNDAY, MAY 10th - Acreage Auction for Butch Boucard, Ethel Lake.
SUNDAY, MAY 17th - Household Auction for Victor Zacharuk, Elk Point, 1:00 p.m.
SATURDAY, MAY 23rd - Regular Auction, Grand Centre.
SUNDAY, MAY 24th - Farm Auction for Mr. and Mrs. Clarence Tripple, Bonnyville.
SUNDAY, MAY 31st - Regular Consignment Sale at Silver Barn.

OTHER SALE DATES TO BE CONFIRMED.

YOUR AUCTION SPECIALISTS

Skolarchuk Auction Service

Phone 724-2070 or 826-5984

STAMPEDE WRESTLING

Tuesday, April 28th, 1987, 7:30 p.m.

A.G. ROSS AGRI-CENTRE, ELK POINT

Featuring: The Lakeland
Heavy Weight
Tag Team Championships

SANCTIONED BOUT

Owen Hart and
Johnny Smith
vs The Masters of Disaster

Plus: 6 More
Outstanding Matches



Advance Tickets:
\$7.00 Ringside;
\$5.00 General

AVAILABLE AT:

Elk Point Insurance &
Realty, Tags Foods

At the Door - \$8.00 Ringside;
\$6.00 General

DISCOUNT
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COUNTY OF ST. PAUL NO. 19

NOTICE

FIRE PERMITS ARE REQUIRED
FOR ALL OPEN BURNING

Effective April 1st to October 31, 1987

Fire permits may be obtained from the County of
St. Paul Office. For more information, contact

Dennis Bergheim, Fire Guardian 645-3301

Seniors turn out for annual Meeting

By Irene Magnusson

April 14th, at 2:00 p.m., saw a good turn out gather for the 1987 Annual meeting of the Pioneer Circle in Elk Point. Sid Holthe again was recruited to chair the meeting, with Nellie Merrick pressed into service as recording secretary.

A written Financial statement was offered, for the first time, making members fully aware of the income and expenditures over the past year. The treasurer has given oral reports before. Walter Saranchuk audited the books for the past year.

A grant in the amount of \$500 was received from the Town of Elk Point, to assist in covering water and sewer expenses. The group had asked for exemption from this charge.

Housekeeper for the past four years, Bess Jendruck, offered her resignation, and thanks were given her for a job well done. No permanent replacement was forthcoming, however several ladies volunteered to carry on, when Jendruck retires.

A report on the Seniors' Survey was given by Violet McFadyen, and other reports were received. A letter from

the Town announcing that an 80th Anniversary celebration will be observed during Seniors' Week, June 7 to 13th, with a request for co-operation from the Pioneer Circle. This was agreed to, with thoughts of a "Funspiel", dance and pot-luck supper mentioned. Dates will be set as plans are confirmed.

President Mike Palinka was returned to office, as was Vice-President Lena Kuziw and Treasurer Erika Bender, with Morris Cooper as 2nd Vice-President. Nellie Merrick, former Secretary, declined to run again. With no replacement being found, she will continue for a short time, until someone will take her place.

The Board of Directors to serve for the coming year is as follows: Lily Sass, Margaret Clark, Mary Prusak, Helga Vaughn, George Jacobson, Frank Zarowny, Lawrence Garneau, Bess Jendruck, Olga Tomkow, Anne Palynchuk, John Palinka, Anne Buck, Violet McFadyen, Paul Dacyk, Bill Smereka, Elizabeth Zarowny and Virginia Smereka, the last four being

new directors.

The monthly dances will continue, if possible, with the next one planned for the usual last week of the month, Saturday, April the 25th. Dances have been lively and self-supporting, the

committee reported. Memberships are now due for the Pioneer Circle, fees to remain at \$3, unchanged from last year.

The next meeting, a directors meeting, will be May 12th.

Oilmen's directors meet

The Elk Point Oilmen's Association Board of Director's met for their last Board meeting before the upcoming Annual meeting. The following items are of interest to the public:

1) Total membership now stands at 81 members, which includes 67 personal, 5 associate, 6 corporate, and 3 honorary members.

2) The 4th Annual Curling Bonspiel was extremely successful despite the current down turn in the industry. Thanks again to all the sponsors who

helped me make this year's Bonspiel a great one.

3) The Annual Meeting will convene in the Empress Banquet Room at 6:30 p.m. on Wednesday, April 29, 1987. A free smorg supper is offered to all members of the Elk Point Oilmen's Association. Please note that the first item is a "special resolution" to adopt a new constitution. A written notice is being mailed to each member, which includes the full meeting agenda.

Clandonald News

By Shirley Osinchuk

The Landonville community wishes to express sympathy and support to Rose and Alfred Stanley and all their family on the passing of their son Harvey. A memorial service was held on Tuesday, April 21, in the Bible Fellowship Church.

Herb and Frances Protsch found a muddy tag in their coulee pasture on April 13. Scraping away some of the dirt they found it had been attached to a balloon, launched only a week before, on April 6, 1987, in Oregon. A boy in Grade 6 had sent up the balloon, (which they did not find), as part of the "National Balloon Launch", during National Scientific and Technology Week in the U.S.A. Students were studying atmospheric

currents. There was also the request to return the tag to an address in Virginia, with details of where it was found.

The condition of the tag made Frances and Herb sure that it had been there before the snowfall on the 9th and 10th, so taking only up to four days to get here. Could they have discovered a remedy for our slow mail delivery?

The Teen Fellowship plans to go to St. Paul to swim on Friday, May 1. Contact Pastor Steve Elich (853-4220) for times.

On cool, dingy Friday, the robin sat on the powerline right outside my kitchen window, until he was sure that I had seen him. And the crocuses are beginning to bloom. NOW it is spring!

WAREHOUSE SALE

Windows and Doors by

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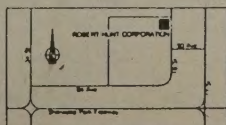
- ★ Selected windows, patio doors, entry doors and skylights at great savings.
- ★ Complete showroom display.
- ★ Buy direct from manufacturer

3 Days Only
April 30, May 1-2

Thursday & Friday: 8 a.m. - 8 p.m.
Saturday 9 a.m. - 3 p.m.



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CASH AUCTION Sale

Having received instructions from

ESTATE OF RODNEY EAST

We will sell by public auction at his residence located on
SW 36-54-4-W4, 4 miles south, 2 miles east, 1 mile south of Heinsburg
OR 7 miles north, 2 miles east and 1 mile north of

DEWBERRY, ALBERTA SATURDAY, MAY 2nd 1987

MISCELLANEOUS

Lunch by
Green Lawn
Goodwill
Ladies
Club

2 - 500-gal. Fuel Tank
500-gal. 2-comp. Fuel Tank
300-gal. Fuel Tank
250-gal. Fuel Tank
Approx. 70 Bundles Asphalt Shingles
Tractor Chains
Viking 5-Roller Fanning Mill
MacLeods Grain Grinder
18.4x34 Dual Wheels
16.9x30 Wheels and Tires
Large Stainless Steel Hopper
Heavy Duty Trailer from 2-ton
Truck Frame
32-volt Light Plant
2 Chicken Brooders - 1 gas and 1 electric
1940 Fargo 1/2-ton, not running
2 Volkswagon Beetles, repairs
Usual Farm Related Tools, Jack, etc.
Quantity Scrap Iron
Honey Comb Radiator
12'x14' Bunk House

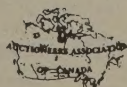


MACHINERY

1965 - 1600 IHC Grain Truck, box and hoist, 4-spd.
4010 John Deere, sleeved to 4020 (early 60's), Serial #4010-22-T16431, 12-ft. Degelman Dozer Blade, fits above Tractor
44 Massey Harris c/w F.E.L., dozer blade, bale fork, rock bucket
John Deere H.D. Cultivator Model 150, 24-ft.
John Deere 3x7' D.D. Press Drill, Kirschman Fert. Attach.
2 John Deere D's (homemade aluminum pistons)
Massey Ferguson 405 PTO Combine, Melroe P.U.
15-Bale Stooker; 3-Section Case Spring Time Harrows
M.F. #30 P.T.O. Swather; 2 Cockshutt 246 Cult., 12-ft. 12-section Diamond Harrow & Drawbar
National Field Sprayer, 200-gal. tank
200-gal. Tank on Trailer; Massey Ferguson #3 Baler
Westco Grain Auger, 25-ft. c/w Wisconsin motor
Coutts Grain Auger, 27-ft. c/w Kohler 10 H.P. motor
W.W. Roller Mill, 6" c/w electric motor

Sale Starts
12:00 Noon
Sharp.

Skolarchuk Auction Service
Box 125, Elk Point, Alberta Lic. No. 165978
Ph. 724-2070 Ph. 826-5984



AUCTIONEER'S NOTE

This is a guide only. Auctioneer or owner do not guarantee as to age or description. Subject to additions or deletions. Consignments welcome. See you at the sale Walter.

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Prices Effective April 21st - 25th, 1987
We Reserve the Right to Limit Quantities.

Noodle Soup
Lipton, Chicken, 4's
1.49

Coffee
Nabob Tradition, Reg., Fine
or Extra Fine, 369 g
2.99

Margarine
Co-op Colored, Foil Wrapped, 454 g
3/1.49

Egg Noodles
Co-op, Fine, Medium or Broad, 375 g
2/1.49

Bath Tissue
Decor 2, 8's
2.78

Soft Drinks
Co-op, Assorted, 2 litres
1.49

Peanut Butter
Kraft, Crunchy or Smooth, 1 kg. **3.69**

Coffee Mate
Carnation, 500 g **2.49**

Rice
Co-op, Extra Long or
Short Grain, 907 g **1.09**

Margarine
Imperial, Soft, Tub, 907 g **1.69**

BAKERY

Hotdog or Hamburger Buns
Co-op Baked, per dozen **1.49**

DAIRY

Slim Line Yogurt
NuMaid, Assorted, 175 ml. **2 FOR 1.19**

Cottage Cheese
NuMaid, Creamed 2% or 4%
500 ml. **1.29**

FROZEN



Meat Pies
Savarin, Assorted, 227 g

2/1.49
Revels & Fudgsicles
12 Pack **2.39**

Orange Juice
Niagara, Concentrated,
355 ml

2/1.49

Meat Dinners
Savarin, Assorted, 312 g

1.49
2.39

PRODUCE

Tomatoes
Repacked, Can. No. 1 Florida

Per lb. .69

Per kg 1.52

Potatoes
Gems, Can. No. 2 Alta.
20-lb. Bag

Each 1.68

Oranges

Navels, Sunkist, Calif.,
4-lb. Bag, each

1.59

Carrots

Medium, Can. No. 1, Calif.,
5-lb. Bag, each

1.89

Kiwi Fruit

Large, Fancy, Calif., each

.39

Apples

Spartan, C/A, Can. Fancy, B.C.,
3-lb. Bag, each

1.49

Oranges

Navels, Sunkist, Calif.,
10-lb. Bag, each

3.89

Celery Hearts

Scona, Can. No. 1 Calif., each

1.99

Grapefruit

Red, Sunkist, Calif.
5-lb. Bag

Each 1.99

Cucumbers

Long English, Queens, Alta.

Each .89

Lettuce

Cello, Can. No. 1 Calif.

Each .69

MEAT DEPARTMENT

CHICKEN PARTS

Tray Pack, Breasts

Per lb. 2.99
Per kg 6.59

Tray Pack, Legs,
Drums, Thighs

Per lb. 2.19
Per kg 4.83

Tray Pack, Wings

Per lb. 1.59
Per kg 3.51

Cross Rib Roast

Co-op Trim, Cut From
Canada "A" Beef

Per lb. 1.89
Per kg 4.17

Sausage

Random T.P., Gainers
Store Wrapped

Per lb. 1.29
Per kg 2.84

Blade Steak

Co-op Trim, Cut From
Canada "A" Beef

Per lb. 1.25
Per kg 2.76

Burgers

1 kg Carton, Gainers

Each 3.99

Bacon

Premiums, Superior, L.M., 500 g,
Burns, Reg., Shamrock,
Stampede, Gainers or Burns

Each 2.69

Pork Butt Shoulder Roast

Cut From Government
Inspected Pork

Per lb. 1.19
Per kg 2.62

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Hours: 8 a.m. to 5:30 p.m.

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Phone 645-3385
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Sat. 8 a.m. to 5 p.m.

